

LEARN TO SWIM

Each level in our Learn To Swim program is loaded with fun, engaging and challenging activities that motivate children to want to learn to swim. Our instructors follow a plan for each level that introduces new swimming skills and builds upon previously learned skills. Students receive progress reports throughout the session.

4 SESSIONS AVAILABLE:

Session I: June 6 – June 16 (Last day to register is June 1)

Session II: June 20 – June 30 (Last day to register is June 15)

Session III: July 11 – July 21 (Last day to register is July 6)

Session IV: July 25 – August 4 (Last day to register is July 20)

4 CLASS TIMES AVAILABLE:

10:30 – 11:00am / 11:15 – 11:45am / 6:15 – 6:45pm / 7:00 – 7:30pm

All sessions are two weeks in length with classes being held Monday through Thursday, at the Grain Valley Aquatic Center.

\$50.00 Per Participant/Per Session

Registration begins March 1st & class sizes are limited!

Online Registration: <http://grainvalley.recdesk.com>

(816) 847-6230 / 713 Main St.



CLASS DESCRIPTIONS:

SHRIMP (Parent & Child Aquatics) Suggested Ages: 6 Months – About 3 Years

Skills That Will Be Introduced & Practiced: Enter and exit the water safely. Submerge in a rhythmic pattern. Glide on the front and back with assistance. Perform combined stroke on front and back with assistance. Change body position in the water. Experience wearing a life jacket in the water. Each child must be accompanied by a participating adult and wear a swimsuit and swim diaper.
(Offered at all times except 10:30am)

NEMO (Preschool Aquatics) Suggested Ages: About 3 – 4 Years

Skills That Will Be Introduced & Practiced: Entering the water independently using ladder, steps or side and travel at least 5 yards. Submerging mouth and blowing bubbles for at least 3 seconds. Exiting the water safely. Gliding on front for at least 2 body lengths. Rolling to back and floating for 3 seconds. Recovering to a vertical position. (All skills are demonstrated with assistance)

SEAHORSE (Level 1) Suggested Ages: About 4 – 6 Years

Skills That Will Be Introduced & Practiced: Entering the water independently using ladder, steps, or side. Traveling at least 5 yards, bobbing 3 times then safely exiting the water. Gliding on front supported at least 2 body lengths. Rolling to a back float for 3 seconds with support. Recovering to a vertical position with support. (Most skills are demonstrated with assistance)

STARFISH (Level 2) Suggested Ages: About 5 – 7 Years

Skills That Will Be Introduced & Practiced: Moving into a front float for 5 seconds, rolling to back, floating for 5 seconds then recovering to a vertical position. Moving into a back float for 5 seconds then recovering to a vertical position. Moving into a back float for 5 seconds, rolling to front then recovering to a vertical position. Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front then continue swimming for 5 body lengths.

GUPPY (Level 3) Suggested Ages: About 6 – 10 Years

Skills That Will Be Introduced & Practiced: Jumping into deep water from the side. Swimming the front crawl for 15 yards. Maintaining position by treading or floating for 30 seconds. Swimming the elementary backstroke for 15 yards.

FLIPPER (Level 4) Suggested Ages: About 8 + Years

Skills That Will Be Introduced & Practiced: Swimming the front crawl for 25 yards. Swimming the elementary backstroke for 25 yards. Swimming the breaststroke for 15 yards. Swimming the back crawl for 15 yards. Open turns on the front and back.

PRIVATE - 30-minute private swim lessons! Give your child or yourself the opportunity to learn new skills and/or refine current skills with some special attention. Private lessons are great for those who have intense water fear, scheduling difficulties, or just would like to improve their stroke.

RAINOUT/MAKEUP POLICY

MORNING CANCELLATION / MAKE UP POLICY: When AM classes are cancelled by our staff due to weather or other unforeseen circumstances, make-up classes will be held on the Friday of that week, at the regularly scheduled class times. If more than one make-up date is necessary, then the class time the following day will be extended by 30 minutes to make up the lessons, and so on. We will not make up more than 1 class in a day (i.e., we will not have a class for more than 1 hour).

EVENING CANCELLATION / MAKE UP POLICY: When PM classes are cancelled by our staff due to weather or other unforeseen circumstances, the class time the following day will be extended by 30 minutes to make up the lessons. We will not make up PM classes on Fridays, nor will we have more than 1 class in a day (i.e., we will not have a class for more than 1 hour). If more than one make-up date is necessary, then the class time the next available day will be extended by 30 minutes to make up the lessons, and so on.

No other make-up lessons will be offered. Please call the Grain Valley Community Center (816-847-6230) if you are unsure of the weather conditions prior to your scheduled lesson. **REFUND POLICY:** Refunds will be considered on an individual basis.